

Passion@Work

Relationships@Work Workshop

Do you want to feel more confident and resourceful in your relationships with key people at work? Do you want to generate more cooperation and achieve even more through others at work? Do you want others to accept you for who you are and what's important to you at work? And do you want to understand how to get the best out of yourself and others when the relationships are more challenging?

The purpose of this workshop is to enable you to enjoy and be increasingly resourceful in your relationships at work. You will also develop, your perceptual flexibility and your conflict resolution skills so that you feel confidently influential and resourceful in your most challenging relationships.

During this experience you will:

- Explore the uniqueness of your own ego
- Develop your awareness of other people's egos
- Discover the way your ego is linked to some key people in your life
- Strengthen the support of your 'Smart-Self'
- Create an on-going strategy for increasing awareness and choice
- Broaden your perceptual and mental flexibility
- Expand your conflict resolution skills
- Use your emotional and intuitive intelligences resourcefully

This workshop involves a mix of group work and coaching sessions.

This workshop starts at 9.30 and finishes at 17.00. It costs £350 plus vat and includes all materials, lunch and refreshments. See our website or call us for dates and venues.